

FARR WEST SENIOR CENTER

801-782-3497

Chris Midget, Director

Current HOURS ARE:
 Mondays – 8 am – 11:00am
 Tuesdays – 8 am – 12 pm
 Wednesdays – 8 am – 12 pm
 Thursdays – 8 am – 9 am

2020



We have had a good month with reopening of our classes. Thanks to those participating.



Farr West City will be doing flu shots for Community Residents

Monday October 5, 2020

4-8 pm

Bring ID/insurance information

Recreation Center Gym

Monday: Power Walking 8:30 am, Quilting 9:00 am
 Tuesday Power Walking 8:30 am, Wii bowling 10:30 am
 Wednesday Stained Glass 9:00 am
 Thursday Power Walking 8:30 am

NO lunches or other activities at this time

We will continue to follow recommended safety guidelines

1 Are you experiencing flu like symptoms?

2. Do you have a fever (100.4 or higher), cough, muscle aches, or shortness of breath?

3. Has anyone that you live with or associated with had COVID-19 in the past 2 weeks?

4. Have you taken medication for fever during the past 6 hours?

MASKS worn/ 4-6 people per class Temperature upon entry

Dinners Remain by Order and Pickup
note below menu information !!!!!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
Baked Chicken Breast/Gravy 5 Parslied Noodles California Vegetables Blueberry Applesauce Gelatin Oatmeal Raisin Cookie Herb Roll	Diced Pork in Gravy 6 Whipped Potatoes Steamed Cabbage Frog Eye Salad Chilled Pears Garlic Roll	Philly Cheese Steak 7 Tater Tots Harvard Beets Tossed Salad Crasins / Dressing Vanilla Ice Cream Hoagie Bun	Swiss Steak / Gravy 1 Wild Rice Green Beans with Bacon Peach Half / Cream Cheese Fruited Yogurt Buttermilk Biscuit	Roast Turkey / Gravy 2 Cornbread Stuffing Green Peas Pear Half with Cranberry Sauce German Chocolate Brownie Cornmeal Roll
3 Ships Spanish Steak/Sauce 12 Coconut Rice New World Brussel Sprouts Carrot Raisin Salad Apple Cinnamon Cottage Cake Dilly Roll	Salmon Pattie with Dill Sauce 13 Stuffing Malibu Vegetables Carrot & Pineapple Salad Fruit Cocktail Cake / Topping Maple-Nut Roll	Oven Roasted Cuban Style Mojo 14 Pork Loin Cuban Yellow Rice Ranch Green Beans Fruited Orange Gelatin Lemon Cream Pie Dinner Roll	Lasagna 15 Chuck Wagon Corn Tossed Salad / Peas / Dressing Tropical Fruit Garlic Bread Roll	Salisbury Steak / Onion Gravy 16 Baked Potato / Sour Cream Buttered Carrots and Celery Broccoli Slaw Food of the Gods Bar Oatmeal Roll
Pork Chop Suey 19 Buttered Rice Cauliflower & Broccoli Fruited Lemon Gelatin Salad Strawberry Glazed Chocolate Cake Herb Roll	BBQ Chicken Thighs 20 Black Beans Country Vegetables Sour Cream Fruit Salad Fig Newton Cookies Cornmeal Roll	Chicken Fried Steak / Cream Gravy 21 Whipped Potatoes Corn Citrus Pear Salad Vanilla Cream Pudding Bran Muffin	Baked Tilapia / Tartar Sauce 22 Scalloped Potatoes Spinach with Lemon Red & White Coleslaw Apple Pie Lemon Poppy Seed Muffin	Vegetable Meatloaf / Gravy 23 Whipped Potatoes Green Beans Chilled Peaches Teddy Grahams Dinner Roll
Teriyaki Cube Steak 26 Rice Oriental Vegetables Beet and Onion Salad Apple Crisp Cornmeal Roll	Chicken Dijon 27 Whipped Sweet Potatoes Cauliflower with Diced Red Peppers Tossed Salad / Sunflower Seeds / Dressing Chilled Pears Dinner Roll	Macaroni Beef Bake 28 Broccoli with Mushrooms Texas Caviar Tropical Fruit Sweet Potato Roll	Pineapple Glazed Baked Ham 29 Scalloped Potatoes Cauliflower Orange Wedges Pumpkin Bar / Cream Cheese Icing Whole Wheat Roll	Witches Cauldron Stew with 30 Devil's Eyeball Potatoes Frightful Candy Corn Vegetables Hocus Pocus Goblin Salad Boo-tiful Brownie Wicked Buttermilk Biscuit

Dinners will continue to be available at No. Ogden, Roy, Washington Terrace, Riverdale, Golden Hours. CALL one day ahead at these centers to place your reservation to pick up your meal. Call by 1:00 pm the day prior.